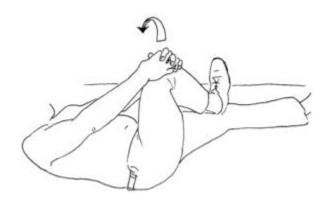
Piriformis stretch

- o Four or more times a day, on each side, as needed
- o Pull knee toward opposite-side shoulder



Lumbar stretch

- o Every morning and evening
- o During stretch slowly reach to the left and right

